

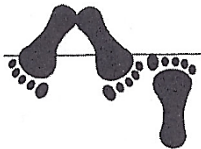
Distance Measuring for 3-Step Sparring

Toes to Middle of Foot



Attacker: Middle or High attacks -- Walking Stance
Defender: Half-facing Forearm or Knife-Hand blocks -- Walking or L-Stance

Toes to Ball of Foot



Attacker: Middle attacks – Walking Stance
Defender: Half-facing knife-hand blocks – Walking or L- Stance

Back Heel to Back Heel



Attacker: Overhead attacks – Walking Stance
Defender: Rising blocks – Walking or L- Stance

Toes to Back Heel



Attacker: High attacks – Walking Stance
Defender: Half-facing forearm blocks – Walking or L- Stance

Toes Between Feet



Attacks from L- Stance
Defend from L- Stance
Note: This is the only type of measuring used in 2-Step Sparring